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**... of different methods of determining power output in weightlifting exercises**

N Hori, RU Newton, K Nosaka, MR ... - Strength &amp; Conditioning ... , 2006 - journals.lww.com

... to explain the complete biomechanics of power is beyond the scope of this article, and the interested reader is therefore ... Then we discuss whether these methods can be applied to measure power output in **weightlifting exercises**. ... output **data** for testing and training their athletes. ...

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**... supplementation and resistance training on muscle strength and weightlifting ...**

ES Rawson, JS Volek - The Journal of Strength &amp; Conditioning ... , 2003 - journals.lww.com

... 3RM bench press, etc.) and/or **weightlifting** performance (eg, number of bench press repetitions at 80 ... only provided change scores (27) was included in the table for the **reader's** benefit, but ... ing resistance training in older subjects were excluded (4, 8), because few **data** on the ...

Cited by 47 · Related articles · BL Direct · All 9 versions

**System and method for mobile entry of fitness program information**

GL Sanders, CJ Marsey - US Patent App. 10/459,255, 2003 - Google Patents

... to: receive **data** corresponding to at least one bar code as read by the bar code **reader**; and provide **data** corresponding to a graphical **user** interface for display on the graphical **user** interface device for monitoring at least one of diet, **exercise** or weight training, in accordance ...

All 2 versions

**Exercise parameters monitoring, recording and reporting system for free weight ...**

PJ Capuano - US Patent App. 10/417,103, 2003 - Google Patents

... **Abar-code reader** is operatively coupled to the equipment to read the bar-code markings and track the weight lifted, frequency of lift and other parameters. Sport-simulation **exercise** machines record **data** by internal software. ...

All 2 versions

**Chest and shoulder weight lifting apparatus**

BW Warren - US Patent App. 11/643,448, 2006 - Google Patents

... No.: 11/643,448 (22) Filed: Dec. 20, 2006 Related US Application **Data** (60) Provisional application No. 60/755,643, filed on Dec. ... CONCLUSION, RAMIFICATIONS, AND SCOPE [0044] Accordingly the **reader** will see that the chest and shoulder **weight lifting** device can be ...

All 3 versions

**... SELECTING A CONDITION OF A FITNESS MACHINE IN RELATION TO A USER**

P Olivera Brizzio, F Al-gharabally - 2008 - freepatentsonline.com

... configuration, and **data** extraction. ... **user**. Thus, a whole system is composed of: a) A **weight lifting** fitness machine (does not matter the brand, in this case IRON BODY brand); b) An RFID **reader** and antenna (eg, a Samsys); c ...

**[PDF] Fitrax: Workout Tracker MS10**

R Leonard - iris.lib.nyu.edu

... For example, if one were doing a **weightlifting exercise** it would ask you how much weight you are lifting and how many repetitions, if it was a ... This button brings up a dialog that allows the **user** to enter in **exercises** that don't have a card **reader** and submit this **data** to the ...

View as HTML

**[PDF] Fitrax workout tracker**RW Leonard - Honors Junior/Senior Projects, 2006 - [iris.lib.neu.edu](http://iris.lib.neu.edu)

... For example, if one were doing a **weightlifting exercise** it would ask you how much weight you are lifting and how many repetitions, if it was a ... This button brings up a dialog that allows the **user** to enter in **exercises** that don't have a card **reader** and submit this **data** to the ...

**Spinal loading during circuit weight-training and running.**P Leatt, T Reilly, JG Troup - British Medical Journal, 1986 - [bjsm.bmj.com](http://bjsm.bmj.com)

... weight-training and running. The former is often conducted as a circuit with **weight-lifting exercises** and this type of regime has been shown to produce an effective training stimulus for the cardiovascular system (Reilly and Thomas, 1978; Gettman et al, 1982). ...

Cited by 25 - Related articles - All 5 versions

**Multiple station single stack weight lifting apparatus with direct lift press**

AB Ish III, LK Lines... - US Patent 5,605,523, 1997 - Google Patents

... 1, 1994 Related US Application **Data** [63] Continuation-in-part of Ser.No. ... Understanding of the cable paths of the invention will assist the **reader** in better understanding ... **exercise** station, each of which is capable of accommodating a plurality of **weight lifting exercises**, is located ...

Cited by 5 - Related articles - All 2 versions

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